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# QUIT SMOKING

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## **Health Campaign – Smoking**

### Your Year to Quit Smoking!

#### Basic Facts That May Help You Quit Smoking

**FACT:** Cigarette smoking causes approximately 440,000 deaths annually in the United States. It is also the most preventable cause of death in the country.

**FACT:** Smoking is associated with an increased risk for at least 15 types of cancers. In fact, it is the most important risk factor for lung cancer.

**FACT:** More than 8.6 million people in the United States have at least one serious illness caused by smoking.

**FACT:** Research has shown that women who smoke during pregnancy are at increased risk of pregnancy complications, premature deliveries, low-birth-weight infants, stillbirths, and sudden infant death syndrome (SIDS).

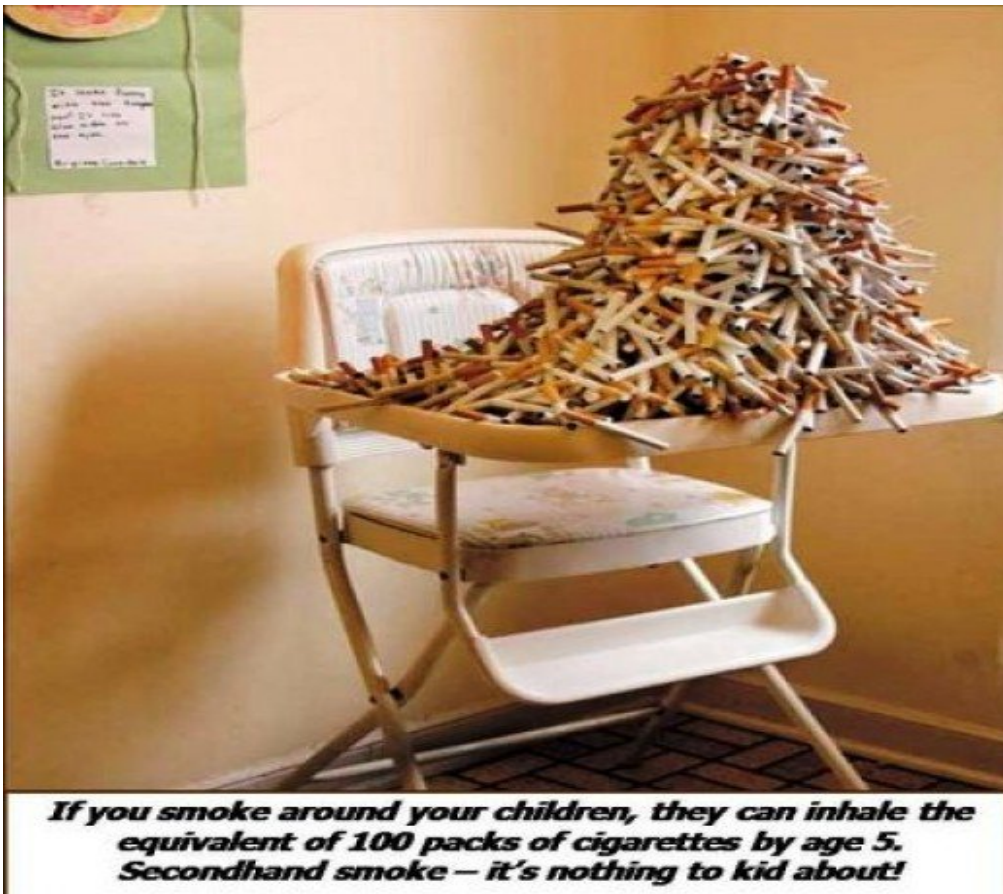
**FACT:** An estimated \$92 billion in productivity losses occurs annually from deaths due to smoking. The economic costs of smoking are more than \$167 billion, including an additional \$75.5 billion in smoking-related medical expenditures.

**FACT:** Chronic Obstructive Pulmonary Disease (COPD) is currently the fourth leading cause of death in the U.S., 85-90 % of all COPD cases are directly attributed to smoking. 12 million Americans currently have COPD, another 12 million likely have the disease and are not even aware of it. The cost of COPD to the nation in 2002 was estimated to be \$32.1 billion.

Quitting smoking is very difficult. It takes some individuals many attempts before they are successful. The key is to not quit quitting!

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## Second-hand Smoke- Quit For Your Children



### How to help Children Avoid Second-hand Smoke

If you must smoke, take your butt outside. ~Author Unknown

Quitting smoking is a great gift to give your child and it is the single most important thing you can do for your health.

- If parents or caregivers will not quit smoking, do not smoke in areas where your child spends most of their time or around your child.
  - Smoke outside in a special jacket to keep smoke off your clothes, or avoid smoking at home.
  - At a minimum, smoke in one room that the child does not go into.
  - Do not smoke in the car (even if the child is not present) as smoke stays in the car upholstery.

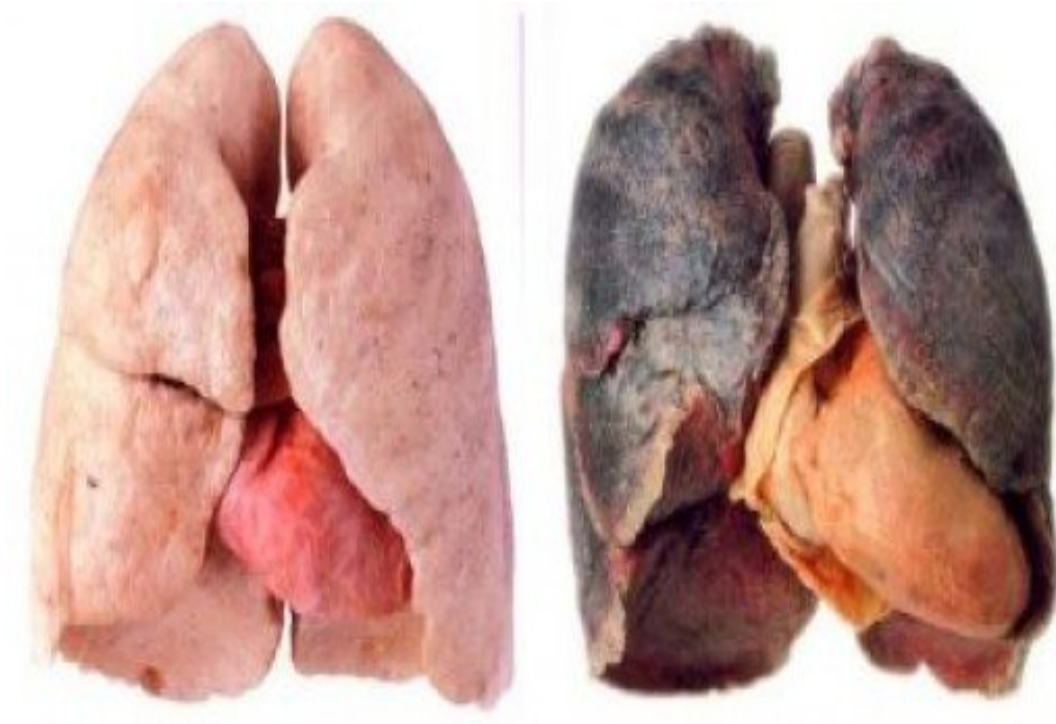
## QUIT SMOKING

- Reinforce with your child the need to avoid tobacco smoke.
  - Encourage them to leave the room if someone is smoking.
  - Practice assertiveness skills to ask someone to stop smoking around them or ask an adult for assistance in removing them from the situation.

### Assertiveness Skills

- Describe the situation; just the facts: "Smoke bothers my breathing."
- Say how you feel: "I can't breathe well and it scares me." Don't blame the other person for your feelings.
- Ask for a specific & small change: "Could you please stop smoking near me?"
- Say how this change will make you feel: "It will make it easier for me to breathe and I will feel better."

### A Smoker's Lungs



A Smoker's Lungs

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## QUIT SMOKING

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Pets Suffer from Second-hand Smoke Too!

**I'd  
rather  
be in the  
dog  
house...**

**Than  
a  
Smoke  
filled  
house**



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## QUIT SMOKING

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Worried About Weight Gain When You Quit?



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